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Department of  
**Physiotherapy**

## STEP OUT FOR HEALTHY AGEING: Exercise Resource Booklet

## Let's get started!

Now that your exercise diary is complete, you can start your weekly routine!

Remember to:

- Pace yourself and take regular rest breaks
- Stay hydrated by keeping a water bottle ready
- Increase the intensity and duration of your exercises as you improve but do not push too hard. If you feel unwell, stop exercising and check the symptoms on page 2.

Consistency is key to healthy aging!

Take the first step towards a more active, healthier you today!



## Your Guide to a Healthy, Active Lifestyle

This booklet is here to help you start exercising.

You will learn about:

- Safe exercise habits and tips
- Different types of exercises
- How to create your own exercise routine

The exercises in this booklet are easy and suitable for most people.

You can choose to do the exercises while standing or sitting, depending on your ability. Seated exercises are easier than standing ones. If you are new to exercising or have difficulty moving, it is best to start with the seated exercises.

# How to exercise safely

If you have serious health issues, talk to your doctor before starting any exercise.

You can also ask your doctor or physiotherapist for advice when you first begin, or if you are unsure if the exercises are right for you.

Stop exercise immediately if you experience any of these symptoms:



Chest pain or palpitations



Severe shortness of breath



Dizziness



Fever



Cold sweat



Nausea

Flexibility	At least 3 times a week
Strengthening	3 to 5 times a week
Aerobic	At least 3 times a week
Balance	At least 3 times a week

## Exercise diary (Example)

Week	Type of exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Flexibility	Hamstring stretch (seated)	Teapot stretch	Triceps stretch	Posterior capsule stretch	Hamstring stretch (standing)	Triceps stretch	Teapot stretch
	Strengthening	Long arc quads (seated)		Double leg squat	Seated hip abduction	Double leg heel raises (standing)		Hip abduction (standing)
	Aerobic		Stationary cycling		Stationary cycling		Brisk walking	Brisk walking
	Balance	Torso rotations	Seated marching	Toe touches	Tandem stance	Aeroplane	Tandem walk	Single leg stand
2	Flexibility							
	Strengthening							
	Aerobic							
	Balance							
3	Flexibility							
	Strengthening							
	Aerobic							
	Balance							

# Exercise diary (Template)

Flexibility	At least 3 times a week
Strengthening	3 to 5 times a week
Aerobic	At least 3 times a week
Balance	At least 3 times a week

Week	Type of exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Flexibility							
	Strengthening							
	Aerobic							
	Balance							
2	Flexibility							
	Strengthening							
	Aerobic							
	Balance							
3	Flexibility							
	Strengthening							
	Aerobic							
	Balance							

## Exercise tips

### Before exercise:

- Take all of your medications on time as advised by your doctor.
- Wear comfortable clothes and proper shoes.

### During exercise:

- Warm up at the start of each exercise session.
- Start slowly and take frequent breaks when you are just starting out.
- Increase the intensity and duration of exercise, as you improve over time.
- Monitor on how you feel and stop if you feel unwell.

### After exercise:

- Cool down by doing simple exercises, similar to your warm up.
- Monitor if you feel unwell shortly after exercise has ended

# Monitoring exercise intensity

When you exercise, aim to achieve a rating of 2-3 using the **Perceived Level of Exertion Scale**.

RATING	PERCEIVED LEVEL OF EXERTION
0	Nothing at all
0.5	Very, very light (just noticeable)
1	Very light
2	Light
3	Moderate
4	Somewhat severe
5	Severe
6	More severe
7	Very severe
8	
9	Very very severe
10	Maximal

You may also use the **Talk Test**:

- **Light intensity:** You can sing while exercising
- **Moderate intensity:** You can talk, but cannot sing, while exercising.

It is normal to feel slightly breathless during exercise, but you should not be severely breathless.

# Exercise diary

The next 2 pages of this booklet show a template and an example of a weekly exercise routine. The example is meant for reference.

You can create your own weekly exercise plan with the exercises you have chosen!

Remember, not all exercises need to be done daily. Follow the recommended frequency for each type when planning your week.

For each session, schedule your exercises in this order:

1. Flexibility: **WARM UP**
2. Strengthening and/or Aerobic
3. Balance
4. Flexibility: **COOL DOWN**

# Balance exercises

## Standing position

You may hold onto a support if needed

### Tandem Walk (on Flat Surface)



Walk with one foot in front of the other in a heel-to-toe manner. Perform for a length of 3-5m, repeat up to 3 sets. *Optional: If necessary, hold onto a stable support.*

### Static Standing Balance – Single Leg, Unsupported







Standing on your left leg, lift your right leg off the ground. Hold for 10-15 seconds, repeat up to 3 sets. *Optional: If necessary, hold onto a stable support.*

# Different types of exercises

In the next few pages, you will find different options for each type of exercise.

You can choose seated or standing exercises to add to your Exercise Diary on page 27.

<p>Flexibility</p> 	<p>Strengthening</p> 
<p>Aerobic</p> 	<p>Balance</p> 

# Flexibility exercises

These exercises help keep your muscles flexible and your joints moving.

Here are the recommended guidelines:

Frequency	At least 3 times per week
Intensity	2 to 4 repetitions each session
Time	Hold for 30-60 seconds
Type	Upper/lower limb and neck/trunk muscles. Stretch till you feel mild tightness, not pain.



# Balance exercises

## Standing position

You may hold onto a support if needed.

### Static Standing Balance – Feet Together



Stand with your feet together.  
Hold for 10-15 seconds, repeat up to 3 sets.  
*Optional: If necessary, hold onto a stable support*

### Tandem Stance

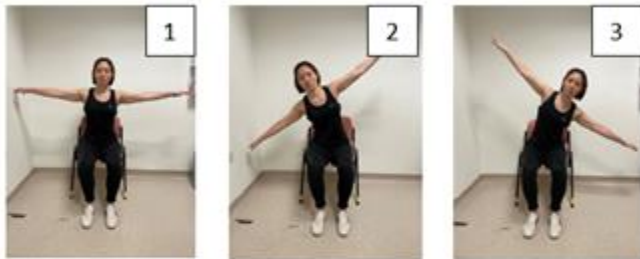


While standing, position the heel of one foot in front of the other foot.  
Hold for 10-15 seconds, repeat up to 3 sets.  
*Optional: If necessary, hold onto a stable support.*

# Balance exercises

## Seated position (difficult)

### Seated aeroplane



1. Start by sitting upright with both arms stretched out to the side.
2. Slowly lean slightly over to one side, keeping the arms outstretched, then slowly return to upright sitting.
3. Repeat step 2 with leaning to the other side.

Perform for 5-10 repetitions for each side, repeat up to 3 sets.

### Seated knee touches



1. Start by sitting upright with your elbows bent towards your body.
2. Bend forward to touch your right elbow to your left knee, then return to upright sitting.
3. Repeat step 2 with using your left elbow to touch your right knee.

Perform for 5-10 repetitions for each side, repeat up to 3 sets.

# Flexibility exercises

## Seated position

### Hamstring Stretch (Seated on Chair)



1. Sit at the edge of a steady chair and keep your knee straight.
2. By bending your hip, move your body forward and reach for your toes until a stretch is felt at the back of your thigh.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.

## Standing position

### Hamstring stretch (Standing unsupported)



1. Start by taking a step forward with your leg while keeping it straight.
2. Keeping your hands on your hips, slowly bend the other knee and your hips until you feel a stretch at the back of your thigh.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.



# Flexibility exercises

The following exercises can be performed in either **seated** or **standing** position.

## Levator Scapulae Stretch



1. Reach backward over your head to position your hand on top of your shoulder blade. Anchor onto your shoulder blade by pressing downward.
2. Turn your head 45 degrees to the opposite side and tilt your chin downward. Use your other hand to gently pull your head downward. You will feel a stretch down from your neck to your shoulder.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.

## Posterior Capsule and Posterior Deltoids Stretch



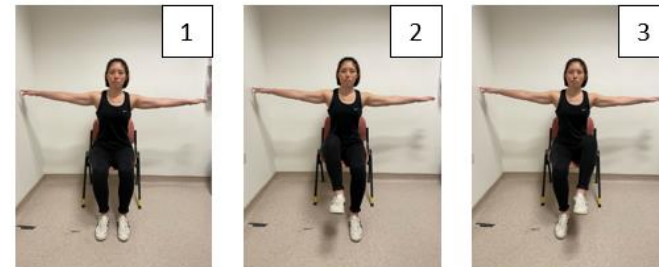
1. Lift your arm and reach across your chest to the opposite shoulder.
2. Use your other hand to gently push your elbow toward your chest. You will feel a stretch at the back of your shoulder.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.

# Balance exercises

## Seated position

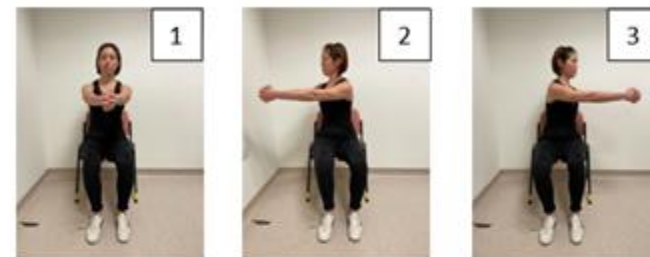
### Seated marching



1. Start by sitting upright with both arms stretched out to the side.
2. Lift up your right leg
3. Lift up your left leg.

Perform 5-10 repetitions for each side, repeat up to 3 sets

### Torso rotation



1. Start by sitting upright with both arms stretched out forward (can hold a light object for stability).
2. Slowly turn your upper body all the way to one side, keeping the arms outstretched, then slowly return to facing the front.
3. Repeat step 2 with turning to the other side.

Perform 5-10 repetitions, repeat up to 3 sets.

# Balance exercises

These exercises are important to **improve your stability** and **reduce the risk of falling**.

Here are the recommended guidelines:

Frequency	At least 2 to 3 times per week
Intensity	3 sets of 10 repetitions per session
Time	Hold up to 10-15 seconds per repetition if possible
Type	Stationary (static), moving (dynamic)  Make sure you have something stable nearby to hold onto in case you lose your balance (like a kitchen counter or table).  If the seated balance exercises are too unstable for you, <b>avoid them for now</b> .



# Flexibility exercises

The following exercises can be performed in either **seated** or **standing** position

## Triceps Stretch



1. Raise your arm upward with elbow bent and forearm behind your head.
2. Use your other hand to gently push your elbow downward and toward the center.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.

## Teapot Stretch



1. Sit/Stand with feet shoulder-width apart. Raise one arm toward the ceiling and the other hand on your hip.
2. Slowly lean your upper body sideways while stretching your raised arm up and over your head.

Ensure you do not turn your body. You should feel a stretch along the side of your trunk and upper arm.

Perform 2 to 4 repetitions, holding for 30 to 60 seconds for each repetition.

## Strengthening exercises

These exercises are important for building or maintaining your muscle strength to help with daily activities.

Here are the recommended exercise guidelines:

Frequency	At least 3 times per week
Intensity	3 sets of 8 to 12 repetitions each session
Time	No set duration, remember to take regular breaks between sets
Type (options)	Body weight (no equipment needed) Free weights (dumbbells, ankle weights, filled water bottles or tote bags)



## Aerobic exercises

Gradually increase the length of each aerobic exercise session over time (up to 3 times a week).



# Aerobic exercises

Here are some examples of aerobic exercises you can try!  
Pay attention to how you feel during exercise and take regular breaks if needed.



Stationary cycling



Brisk walking



Stair climbing

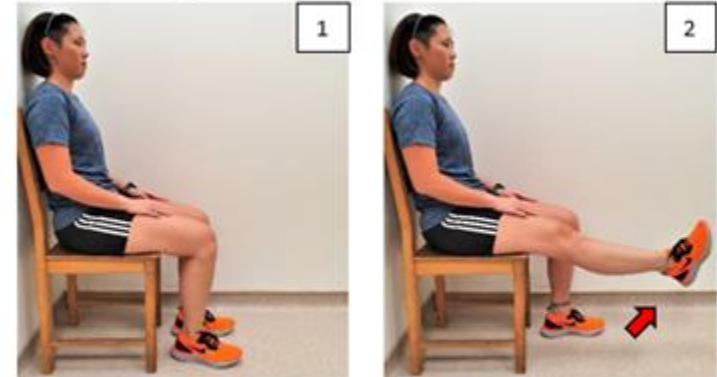


Jogging

# Strengthening exercises

## Seated position

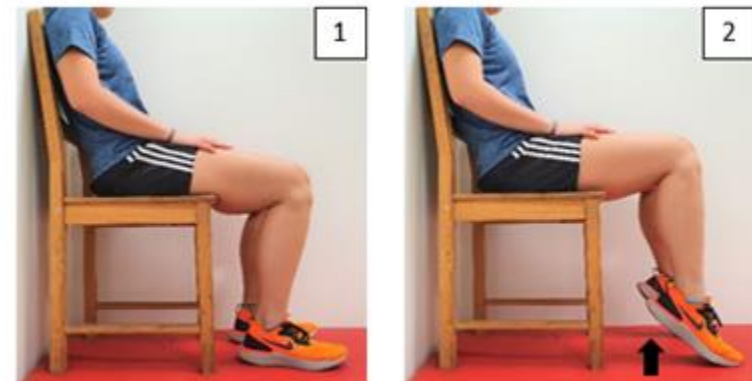
### Knee Extension - Long Arc Quads



1. Sitting on a chair, fully straighten your knee by raising your foot up.
2. Keep your toes pointing upwards.

Perform 8 to 12 repetitions, repeat up to 3 sets.

### Double Leg Heel Raises (Seated)



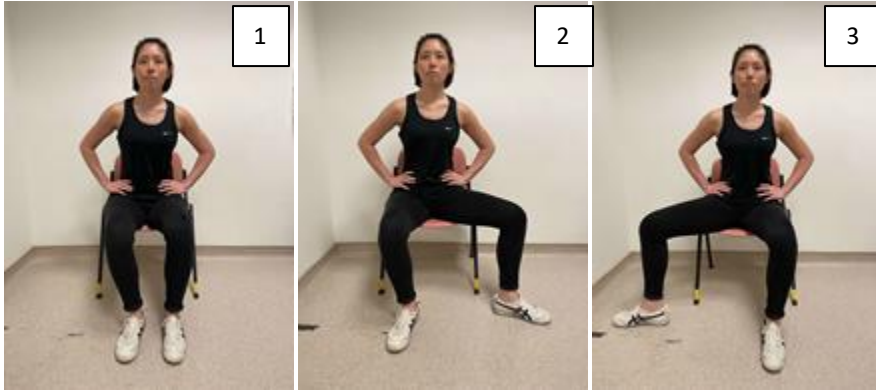
1. Start with both your feet flat on the ground.
2. Keeping your toes on the ground, lift your heels as high as possible.

Perform 8 to 12 repetitions, repeat up to 3 sets.

# Strengthening exercises

## Seated position

### Hip abduction (seated)



1. Start with both feet flat on the ground.
2. Keeping at least your toes on the ground, open up one leg as wide as possible.
3. Return to normal seated position. Repeat with other leg.

Perform 8 to 12 repetitions, repeat up to 3 sets.

# Aerobic exercises

These exercises help to **improve your stamina**. It is normal to feel breathless during these exercises. Over time, your endurance will improve, and you will feel less breathless.

Recommended exercise guidelines:

Frequency	3 to 5 times per week
Intensity	2 to 3 on Perceived Level of Exertion Scale OR Up to moderate intensity using Talk Test (refer to page 4)
Time	Aim to achieve a total of 150 to 300 minutes per week
Type (options)	Walking, stationary cycling, stair climbing, jogging/running



# Strengthening exercises

The following exercises can be performed in either **seated** or **standing** position.

## Elbow Extension - Hand Behind Head



1. Sit/Stand with feet shoulder-width apart. Raise your left arm and bend your elbow backward. Keep your elbow beside your head and your hand behind your neck.
  2. Straighten your elbow to reach upward, then slowly bend your elbow to return to starting position.
- Repeat for your right arm.

Perform 8-12 repetitions, repeat up to 3 sets.

## Elbow Flexion - Bicep Curls



1. Sit/Stand with feet shoulder-width apart. Start with your left arm by your side, palm facing forward.
- 2 & 3. Bend your left elbow upward as much as possible. Keep your shoulder relaxed throughout the movement.

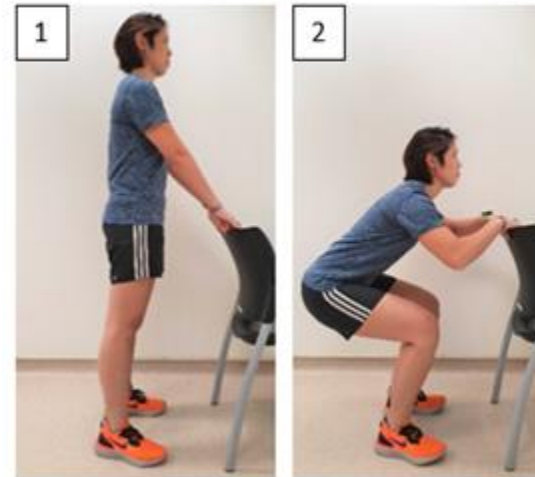
Repeat for your right arm.

Perform for 8-12 repetitions, repeat for up to 3 sets.

# Strengthening exercises

## Standing position

### Double Leg Squat



1. Hold onto a stable support. Stand with your feet shoulder-width apart.

2. Lower yourself down into a squat. Ensure your knees do not go beyond your toes.

Maintain an upright posture and keep your knees and toes pointing forward throughout the movement.

Perform 8 to 12 repetitions, repeat up to 3 sets.

### Double Leg Heel Raises (Standing)



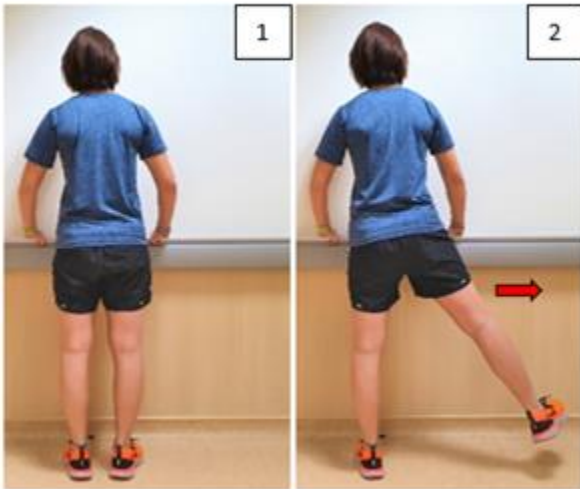
1. Stand straight with your feet shoulder-width apart. Hold onto a stable support.
2. Keeping the balls of your feet on the ground, lift your heels as high as possible.

Perform 8 to 12 repetitions, repeat up to 3 sets.

# Strengthening exercises

## Standing position

### Hip Abduction (Standing)



1. Hold on to a stable support.

2. Standing on one leg, lift your other leg sideways away from the floor.

Maintain an upright posture with your toes pointing forward throughout the movement.

Perform 8 to 12 repetitions, repeat up to 3 sets.

# Strengthening exercises

The following exercises can be performed in either **seated** or **standing** position.

### Shoulder Abduction



1. Sit/Stand with feet shoulder-width apart.

2. Raise your arm sideways and upward with palm facing forward.

3. Keep your back straight while raising your arm all the way upwards.

Perform 8 to 12 repetitions, repeat up to 3 sets.

### Shoulder Press



1. Sit/Stand with feet shoulder-width apart. Bend your elbow fully and point your thumb backward.

2. Move your arm upward toward the ceiling until your elbow is fully straightened.

Ensure you do not arch your back.

Perform 8 to 12 repetitions, repeat up to 3 sets.